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# CAMBRIDGE FAMILY NEWS

## from the Center for Families

Information, Support, & Activities for Families of Children Ages 0-8



### July-August 2013

Summer is here, and that means lots of fun, free activities for families in Cambridge! It is incredible how much is going on around the City, from performances to movies to StoryWalks, and of course playgroups! No matter what neighborhood in Cambridge you live in, you will find plenty to do. We only wish we could fit it all in the newsletter! Although we cannot fit full schedules in here, we will be posting lots of information on the listserv. If you are not already on the listserv, we encourage you to sign up. For more information on ways to stay up-to-date on what's happening at the Center for Families and around town, turn to page 6.

In addition to information about all of the exciting programs around Cambridge, there are some tips for helping your child transition to school. We know what you are thinking, "It's only July! School

doesn't start for months!"

Now is the time to start thinking about the start of school, especially if your child will be going for the first time. Starting school is a big transition, both for children and their caretakers. There can be many mixed emotions—excitement, fear, pride, sadness, anxiety. Talking about school and the changes that will happen can help your child—and you—feel ready for that first day. For some tips and books you and your child can read together, turn to page 5. If you have any additional tips, we welcome you to post them to the listserv as well!

In the meantime, we hope you have a wonderful summer and perhaps see you at the parks for a playgroup or another fun activity!



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### Mark your calendars...

Community Playgroups start in early October!

#### What are Cambridge Community Playgroups?

Playgroups are fun, FREE groups for parents and caregivers from Cambridge and their children ages 15 months-5 years old.

#### When and where do they meet?

Each playgroup meets once a week for 8 weeks. Playgroups meet in the morning from 10:00-11:30. There are 5 different locations in Cambridge.

#### How do I sign up?

Registration forms will be mailed out with the September/October newsletter in late August. They will also be on the Center for Families website. You will be able to pick a form up as well at the Center for Families or the Agenda for Children (119 Windsor Ave.).

#### Are there Community Playgroups in the summer?

We do not offer Community Playgroups during the summertime. However, we have many drop-in playgroups. They are held in different parks around Cambridge. For a complete schedule, turn to page 3.

*The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83*

# PLAYING AND LEARNING ACTIVITIES

Here are some fun activities that you and your child can do together! Do you have an activity that you and your child love to do together? Call Cynthia at (617) 349-6327 or e-mail her at [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov) to submit it for our next newsletter.

Beat the heat at one of the waterplay areas!

Cambridge has 28 parks with waterplay facilities, including several designed especially for children age 5 and under!

For a map of locations, go <http://www.cambridgema.gov/CDD/News/2013/06/checkouttheparksandwaterplaymaps.aspx>, or ask for a copy at a playgroup or at the Center for Families' office.



There are also free public pools in Cambridge, open from June 29-September 2:  
**McCrehan Memorial Swimming and Wading Pool**, 359 Rindge Ave.

(617) 354-9154 or (617) 576-2081

**Veterans Memorial Swimming and Wading Pool**  
(Magazine Beach), 719 Memorial Dr., (617) 354-9381

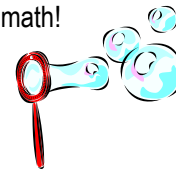
Both the water play areas and swimming pools give your child an opportunity to work on gross motor skills, including jumping and swimming. Be sure to wear plenty of sunscreen!



Speaking of water, make a throwing game using sponges. Fill a bucket with water, and toss the sponges into the bucket. How many can you get in? Or use some chalk to draw a target on the ground with different point values. How many points can you get? You can also play a game of catch throwing sponges instead of a ball. It's a fun way to practice throwing while keeping cool at the same time!



Bubbles are another great outdoor activity! Use items around your house, such as a clothes hanger, a fly swatter, or a cookie cutter as bubble wands. In a wide dish or lid, help your child mix together the following ingredients: 1/2 cup of dishwashing liquid, 2 cups of water, 2 teaspoons of sugar. You can even add some food coloring to give the bubbles color. Talk about how much you are pouring and describe what you are doing. This activity helps your child's brain get ready to learn math!



## FATHERS' CORNER

*"Any man can be a Father. It takes some-one special to be a Dad."*

Summer is here! Dads, looking for some fun outdoor activities to do with your children? Here are some ideas:

- ♦ Go to a local park. Run around, practice kicking a ball, and teach them how to use the swings. Bring a picnic lunch or dinner. For a map of Cambridge parks, go to <http://www.cambridgema.gov/CDD/parks/parksmap.aspx>

- ♦ Go for a walk around the neighborhood. Talk about what you see. Ask your child questions about what he sees, hears, and smells.
- ♦ Take them to one of the exciting programs happening this summer (listed on page 7).

### Dads & Kids Saturday in the Park

We have a Saturday morning meet up for dads & kids. Come have a fun time in the park playing and meeting other dads and their children. We will have fun games, a healthy breakfast and time to meet new and old friends. Open to all dads and their children ages 0-8 living in Cambridge.

**Date and location:** TBD 10:00-11:30

**Facilitator:** Michael Clontz

Please contact Christine Doucet at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) or 617-349-3003 for more information.

Dads, do you have a special activity you enjoy doing with your children that you want to share with our readers? If so, please submit your activity to Cynthia at 617-349-6327 or send her an e-mail at [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov). Pictures of you and your children doing the activity together are also highly encouraged!



# PLAYING AND LEARNING ACTIVITIES

## CENTER FOR FAMILIES: FREE FAMILY PLAY AND LEARNING ACTIVITIES

We bring toys, activities, singing, and snacks; you bring the kids and the fun. Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (0-6), and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. **For more information or questions**, call Lucy at 617-349-6967.

The following groups are July 8 until August 22

### Monday -

*Silva Park*, Otis St. & Sciarappa St., 10:00-11:30am

*Hoyt Park*, Gilmore St., 10:00 -11:30 am

*Infant Playgroup* (15 mos and under) \***Indoor**

Center for Families, 70 Rindge Ave. (rear), 12:30 — 2:30pm

### Tuesday-

*Russell Field/Fresh Pond Apartments*, 10:00-11:30am

This group will meet at the park across the street from 364 Rindge Ave. (next to the McCrehan Pool).

*Glacken Playground*, 633 Huron Ave., 10:00-11:30am

*Infant Playgroup* (15 mos and under) \***Indoor**

Margaret Fuller Neighborhood House, 71 Cherry St, 12:30 – 2:30pm

### Wednesday-

*Bergin Park*, Haskell St., 10:00-11:30 am

*Dana Park*, Magazine St, between Lawrence & McTernan St., 10-11:30pm

*Green Rose Heritage Park*, Harvard St.

### Thursday-

*Newtowne Ct.*, Windsor St.,

10:00-11:30am

*Gore Street Playground*, Gore

St. near Monsignor O'Brien Highway (East Cambridge)

10:00-11:30am

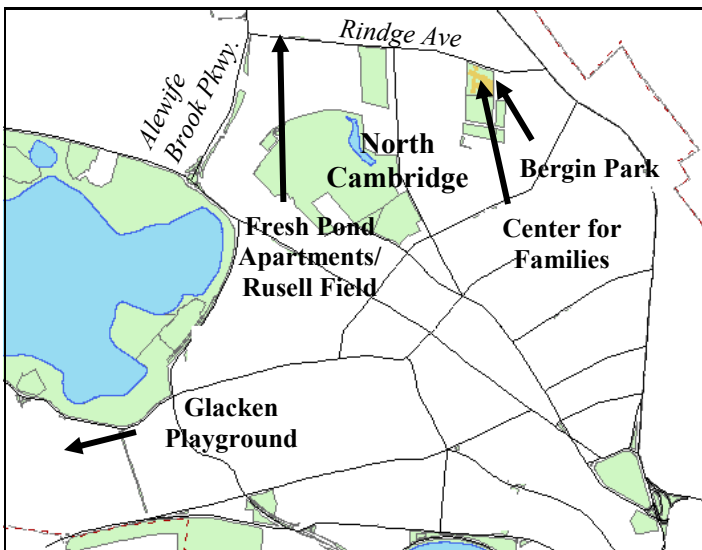
*Trolley Square*, 2401 Mass Ave., 10:00-11:30 am



### Please note:

\*Please attend **either** Monday or Tuesday Infant Group

\*\*All outside playgroups are weather permitting. If you are unsure if a playgroup will be happening due to the weather, please call us at 617-349-6385.



\*\*Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are \*\*

# Center for Families Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	July 1	2	3	4 Holiday-Center for Families Closed	5	6
7	8 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	9 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	10 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30	11 Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30 <b>StoryWalk! 5:30pm-7:00pm</b>	12	13
14	15 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	16 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	17 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30 <b>Baby Massage 12:30pm-1:45pm</b>	18 Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30	19	20
21	22 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	23 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	24 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30 <b>Baby Massage 12:30pm-1:45pm</b>	25 Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30	26	27
28	29 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	30 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	31 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30 <b>Baby Massage 12:30pm-1:45pm</b> <b>PJ Storytime 6:45pm-7:30pm</b>	<b>August 1</b> Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30	2	3
4	5 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	6 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	7 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30 <b>Baby Massage 12:30pm-1:45pm</b>	8 Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30	9	10
11	12 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	13 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	14 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30	15 Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30	16	17
18	19 Silva 10:00-11:30 Hoyt 10:00-11:30 CF Babytime 12:30-2:30	20 364/Russell 10:00-11:30 Glacken 10:00-11:30 MF Babytime 12:30-2:30	21 Bergin 10:00-11:30 Green Rose Heritage 10:00-11:30 Dana 10:00-11:30	22 Newtowne Ct. 10:00-11:30 Gore 10:00-11:30 Trolley Sq. 10:00-11:30	23	24
25	26	27	28 <b>Arts in the Park! 10:00am-11:30am</b> <b>PJ Storytime 6:45pm-7:30pm</b>	29	30	31

364/Russell = Fresh Pond Towers, 364 Rindge Ave. (if raining)/Russell Field (off Rindge Ave., across the street from Fresh Pond Towers)  
 Bergin = Bergin Park, Haskell St.  
 Green Rose Heritage Park = Harvard St.  
 CF = Center for Families, 70 Rindge Ave. (back of Peabody School)  
 Glacken = Glacken Playground, 633 Huron Ave.  
 Dana = Dana Park, Magazine St. between Lawrence St. & McTernan St

Gore = Gore Street Playground (East Cambridge), near Monsignor O'Brien Highway  
 Hoyt = Gilmore St. (near Moore Youth Center)  
 MF = Margaret Fuller Neighborhood House, 71 Cherry Street  
 Newtowne Ct. = Newtowne Court (off Windsor St.)  
 Silva = Otis St. & Sciarappa St.  
 Trolley Sq. = 2401 Mass Ave.

# PARENT EDUCATION AND SUPPORT

## Infant Activities

### **BABYTIME: Caring, Playing, Nurturing** (parents/caregivers with infants 0-15 months)

These are informal groups for parents or caregivers with infants that offer an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. To allow everyone to participate, please choose only one group to attend per week. *No pre-registration required; come or leave anytime. Christine will lead a short sing-a-long.*

**Facilitator: Christine Doucet,**

**Mondays 12:30 - 2:30 pm**

Center for Families, Peabody School, 70 Rindge Ave.

**Tuesdays, 12:30 - 2:30 pm**

Margaret Fuller Neighborhood House, 71 Cherry St.

### **Discussion and Craft Activity for Moms**

Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome. *Christine and Fran will direct the activity.*

The next Moms' Group will be September 13th. Contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) for more information.

### **Baby Massage and Infant Development Series**

(parents with infants 11 weeks - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage helps with digestion, sleep, and baby's health.

Topics of discussions: infant sleep, infant motor and social development, and childproofing your home. This is a fun and relaxed group setting. *To register or if you are pregnant or your baby is under 11 weeks, contact Christine.*

**Wednesday series: 7/17, 7/24, 7/31, 8/7 12:30-1:45pm, Center for Families, 70 Rindge Ave. 12:30pm-1:45pm**

## Preparing Your Child for School in the Fall

Summer is just getting started, so the start of school may be the last thing you are thinking about. However, it is never too early to get your child ready for school. If your child will be starting preschool or kindergarten for the first time in September, there are things you can do to help him get ready.

### ♦ **Talk to your child about starting school.**

Change can be hard for children. They do best when they know what to expect. Talk to your child about what she will be doing at school and the new friends she will make. Be specific about what she will be doing and learning. To create some excitement, say things like "I wonder what books you will read today," or "What songs do you think you will sing?"

### ♦ **Visit the school.** Bring your child to the school before he starts so that he is familiar with the space. Walk around—look at the classroom, the cafeteria, the bathrooms, etc. If you can, introduce your child to his teacher; help your child to learn his teacher's name.

### ♦ **Get your child into a routine.** Children love structure! Have a set snack, story, play, and rest time like they will in school. Give them 5-minute warnings when these times will be over. When they start school, they will be used to having a routine, even if it is different from the one they had at home. (Playgroups are a great way to help children get used to a routine!)

### ♦ **Read books about starting school.** There are some great children's books available at the library about the first day of school, including:

*Chrysanthemum* by Kevin Henkes

*Timothy Goes to School* by Rosemary Wells

*Emily's First 100 Days of School* by Rosemary Wells

*Sumi's First Day of School Ever* by Joung Un Kim & Soyung Pak

*Does a Panda Go to School?* by Dr. Fred Ehrlich

*I Am Too Absolutely Small for School* by Lauren Child

*Will I Have a Friend?* by Miriam Cohen

*I Need a Lunch Box* by Jeannette Caines

*School Bus* by Donald Crews

*Will You Come Back for Me?* by Ann Tompert

*What Did You Do Today* by T. Forward

*My Name is Yoon* by Helen Recorvits

*First Day Jitters* by Julie Danneberg

*Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate

### ♦ **Focus on the positive.** Talk about all the fun things your child will be doing and the new kids he will get to meet. Think about the things your child really enjoys doing and tie it to school.

Remember, it is normal for your child (and you!) to have some anxiety about the start of school!

*For more tips, check out the following:*

[www.parents.com](http://www.parents.com)

[www.parenthood.com](http://www.parenthood.com)

*Some articles will also be posted to the listserv.*



# CENTER FOR FAMILIES NEWS

## Upcoming Workshops Classes, & Events

### Storywalk!

Thursday July 11th, Newtowne Ct., Windsor St., 5:30-7:00pm  
Come join us and the Agenda for Children for FREE pizza, books, and arts & crafts while walking and searching the pages of a book!

### Pajama Story Time

Wednesdays, July 31 & August 28, 6:45pm-7:30pm  
O'Neill Library (70 Rindge Ave.)

Come to the library to listen to stories, read with your children, and have a snack before bed. Feel free to come dressed in your pajamas, and also to bring a favorite book to share. For more information, contact Cynthia at [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov), or 617-349-6385.

### Arts in the Park!

Wednesday, August 28th, Location: Bergin Park, Haskell St., 10:00-11:30.

Children ages 0-8 and their families are invited to join the Center for Families for a fun morning of listening to stories and doing Arts & Crafts.

*\*\*Yoga, workshops, and moms' group will be held again starting in September! Stay tuned for more information as we get closer to the start of the school year.*

## Friends of the Center for Families



**Hello Parents, Grandparents, Guardians,  
Family Childcare Providers, Child  
care workers & Others!**

**Who we are:** A diverse group of dedicated  
Cambridge Mothers, Fathers, and caregivers

working together to support the Center for Families. We are thankful for this amazing program, the parenting workshops, playgroups, Family Fun Day events, and many other activities. The staff of the Center are amazing and the door is always open for families. For these reasons, we come together once a month to talk, plan, share, laugh, and have fun while offering support for this fantastic program.

Please join us on the 2<sup>nd</sup> Wednesday of each month at the Center for Families!

**Next Meeting:** Wednesday, July 17th

**Time:** 6:30-8:00pm

**Where:** 70 Rindge Avenue, (back of Peabody School, door 10)

**Email:** [friendsofcenterforfamilies@gmail.com](mailto:friendsofcenterforfamilies@gmail.com)

Childcare and light refreshments available!  
We hope to see you there!

## Stay Up-To-Date with the Center for Families!

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).
- Follow us on **Twitter** @cntrforfamilies
- Friend us on **Facebook** at <http://on.fb.me/xzNyXs>
- Check out our **website**: [www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, at playgroups, events, or on our website.

## Caught in the Act



At the Center for Families, our staff, families, and volunteers are doing amazing things! This newsletter is featuring all of our fabulous **summer interns** who will help out tremendously this summer at playgroups, events and in the office with our full time staff.

Be sure to say hello to Cindy and Annie at our playgroups and events!

Congratulations Cindy and Annie, you were **Caught in the Act!**

## Attention Area IV Families



What is Baby U? It is a weekly workshop series offering support and information for families expecting a baby or with a child 3 and younger.

When: Saturday mornings beginning in the fall

*\*Priority will be given to Public Housing/Section 8 Residents.*

For more information call 617-947-5044 or visit <http://www.cambridgema.gov/dhsp/babyu>,

# COMMUNITY EVENTS AND ACTIVITIES

## Literacy Texting!



New from the Agenda for Children: Literacy Texting!

Get free weekly tips on talking and reading with your children as well as family event dates and much more! It is easy, quick, and free!

Families with children birth to 2 years text: LetsTalk to 99000

Families with children ages 2 to 4 years text: LetsRead to 99000

## Community Learning Center

*CLC has moved!* Their new address is **5 Western Avenue, Cambridge, MA 02138**. Their phone numbers remain the same.

Contact Bayyinah Pandolfo at 617-349-6371 for more information, to hear about current openings, and find out about the next ESOL sign-up for new students!

## Pathways to Family Success



- Do you have a child who is in grades kindergarten to 3rd grade?
- Do you live in Public Housing or have Section 8, or are on the waitlist for either of them
- Is English your second language?

If you answered yes to all of these questions, then Pathways to Family Success could be for you!

Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**

## Free Summer Events for Families

Cambridge and the surrounding area offers many family-friendly activities throughout the City, from movies, to performances, to festivals. Check out these free events.

### • Sunday Parkland Games

Free, fun, health games and activities by the river. Location: Riverbend Park, along Memorial Drive near the Weeks Footbridge (closest MBTA station: Harvard Square). Sponsored by the Charles River Conservancy, Department of Conservation and Recreation, and Knuckle Bones. Sundays through September 29. For more information, please call the Charles River Conservancy at 617-608-1410 or go to <http://www.thecharles.org/projects-and-programs/parklandgames/>

### • Boomtown Festival

July 29 - August 1, 2013  
Follow the Yellow Brick Road to art workshops, music concerts, dance performances, chalk art, and more! Free Event. This annual FREE festival

returns! The Boomtown Festival, now in its 4th year, will again feature dance, music, art, film and other events for our friends and neighbors to enjoy. Events will be held at the Multicultural Arts Center and outside in the public park: Centanni Park. <http://www.multiculturalartscenter.org/events/>

### • Free Fun Fridays

(Various locations in the Boston area)  
The Highland Street Foundation is offering free admission to museums and attractions over 10 Fridays this summer (starting July 1)! For a complete list of locations and dates, go to [www.highlandstreet.org](http://www.highlandstreet.org), or call 617-969-8900.

\*\*Schedule available at CFF office and will be posted to the listserv.

### • Sand Sculpting Festival

Revere Beach  
This annual contest, which brings famous sculptors from around the world, will be happening from **July 19-July 21** at Revere Beach. There will also be crafts and food vendors. For more information,

call 978-749-6700.

### • Kendall Square Concert Series

Every Thursday, 12:00 – 2:30 pm, 300 Athenaeum St.

As the weather warms, join Kendall Square Corporation for a series of free outdoor concerts beginning in June lasting through September. Thursday performances are co-sponsored by Berklee College of Music. Come listen to some of the area's most acclaimed musicians on our open air seated plaza. <http://kendallsquare.org/play/details/concert-series>

### • Boston Pops & Fireworks

*Hatch Shell (Charles/MGH T stop)*  
Watch the Boston Pops perform at their annual Independence Day celebration. There will be two free concerts: July 3rd starting at 8:30 pm, and the Fireworks Spectacular beginning at 8:00 pm on July 4th. For more information, go to [www.july4th.org](http://www.july4th.org).

# COMMUNITY INFORMATION

## Ask Jayne!

Looking for information about child care, the wait list, vouchers, kindergarten and after-school, early intervention, special education and more?

Please contact Jayne Cantor (617-868-2900 X324). Jayne is the Family Support Specialist at the Cambridge Community Partnerships for Children. Feel free to email Jayne with any questions at: [jayne\\_ccpc@yahoo.com](mailto:jayne_ccpc@yahoo.com).

## World Breastfeeding Week

The Cambridge/Somerville WIC Program in conjunction with Cambridge Health Alliance cordially invites you to come celebrate:

**World Breastfeeding Week 2013 on Friday, August 2**  
**Cambridge Hospital, 3rd Floor Atrium,**  
**1493 Cambridge Street, Cambridge, MA**

Join us for our FREE information seminar! Topics include:

- New Research in Pregnancy & Parenting with Sarah Bansen 10-10:45am
- Breastfeeding Basics with Cheryl McInerney 10:55-11:40am
- Infant Massage with Christine Doucet from Center for Families 11:50-12:30pm

Information tables from local community agencies will also be available!

## Library



The library branches have lots of fun activities this summer! The fun will be in late June and go to the end of August.

To check the calendar of events, go to [www.cambridgema.gov](http://www.cambridgema.gov), or request a flyer from the Center for Families.

## Doula Support Programs

8 Camelia Avenue, Cambridge  
(across from Cambridge Hospital Entrance)

The Doula Program at the Cambridge Health Alliance offers three groups for new parents. Bring your baby and relax. Groups are open to all new parents. Breastfeeding groups are lead by lactation consultants and Open Discussion is lead by a Doula. **For more information**, call 617-665-1164.

**Breastfeeding Group:** Tuesdays, 10:00-12:00 noon (English & Spanish)

**Open Discussion:** Wednesdays, 10:00-12:00 noon

\*\*The first Wednesday of the month will be a pumping class for breast-feeding mothers.

**Breastfeeding Group:** Thursdays, 10:00-12:00 noon (English)

## Cambridge Public Library Programs for Young Children

The Cambridge Library is a great place for children. Please call any library listed below for more information about story times and other children's activities. Remember that the library also has museum passes you can use with your library card. For information about all programs, see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/) or call 617-349-4038.



### Main Library Children's Room, 449 Broadway, (617) 349-4038

- ♦ Baby Lapsit for parents and pre-walking babies. Registration required, Mondays, 10:00 am
- ♦ Toddler Storytime on Tuesdays and Thursdays at 11:00 am
- ♦ Toddler Sing on Mondays and Wednesdays at 11:00 am
- ♦ Preschool Story Time on Tuesdays at 3:30 pm
- ♦ Onesies (and Twosies) for toddlers ages 12-24 months. Registration required. Wednesdays, 10:00 am
- ♦ Making It Up As We Go Along: A Book Group for Parents. Fourth Monday, 7:00 pm Registration required.

### Boudreau Branch, 245 Concord Avenue, (617) 349-4017

- ♦ Preschool Story Time on Mondays at 10:30 am
- ♦ Toddler Sing-Along on Wednesdays at 10:30 am

### Central Square Branch, 45 Pearl Street, (617) 349-4010

- ♦ Toddler/Preschool Story Time on Wednesdays at 10:30 am

### Collins Branch, 64 Aberdeen Avenue, (617) 349-4021

- ♦ Preschool Story Time on Mondays at 4:00 pm
- ♦ Toddler/Preschool Sing on Tuesdays at 10:00 am

### O'Connell Branch, 48 Sixth Street, (617) 349-4019

- ♦ Toddler Sing on Wednesday at 11:00 am
- ♦ Stories and Crafts (3-7's) on Thursdays at 3:30 pm

### O'Neill Branch, 70 Rindge Avenue, (617) 349-4023

- ♦ Toddler Time on Mondays at 10:30 am
- ♦ Preschool Story Time on Thursdays at 11:00 am

### Valente Branch, 826 Cambridge Street, (617) 349-4015

- ♦ Preschool Story Time on Mondays 3:30 pm
- ♦ Toddler time on Tuesdays at 10:30 am



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# COMMUNITY RESOURCES

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## Adult Education

- **Cambridge Employment Program** (617-349-6166)—Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV** offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more info., please call 617-661-6900.
- **Asian American Civic Association**—Next Steps Transitional English program—free English classes for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center** - The Community Learn Center currently offers an ESOL Family Literacy class is for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

## Childcare, School & Support

- **The Agenda for Children** 'Let's Talk' - FREE program where an Early Childhood Home Visitor will come to your home to help build language development. For parents of children birth-15 months. (617-665-3825)
- **Department of Human Service Programs (DHSP)** (617-349-6200)—Runs programs for children and families including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For

information, call or visit [www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2).

- **Family Resource Center** (617-349-6551)—For information about the Cambridge Public Schools, call the Multilingual voice mail: 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center**—Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.
- Do you have a child under 5? Are you pregnant or breastfeeding? **WIC** offers families Nutrition Consultations, Breastfeeding classes, \$\$ for fruits and vegetables, FREE FOOD! Cambridge 617- 665-3750; North Cambridge 617-575-5370
- **Are you ready to be a parent or have a newborn baby??** Attend a *Happiest Baby Class* and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343

## Food & Clothing

- **The Cambridge Food Pantry Network** —Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Children's Clothing Exchange**—A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program**—Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the

WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

## Housing

- **The Cambridge Multi-Service Center**—Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

## Special Needs Services

- **Cambridge-Somerville Early Intervention** —Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Cambridge Special Start**—Provides developmental screenings for children ages 3 & 4. For more information, call Susan Evans at 617-349-6850.
- **The Cambridge Program for Individuals with Special Needs**—Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities**—Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see [www.cambridgema.gov/DHSP2/disabilities.cfm](http://www.cambridgema.gov/DHSP2/disabilities.cfm).

**The Cambridge Somerville Resource Guide** has listings for more services in the community at [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org) If you are not able to find what you want, call the Center for Families at 617-349-6385.

# CENTER FOR FAMILIES STAFF

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**The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.**

**Main Office****617-349-6385****Fax:****617-349-6386****Web:**[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)**Facebook:**<http://on.fb.me/xzNyXs>**Twitter:**<http://twitter.com/cntrforfamilies>**Email:**[centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)**Center for Families**

Office and Resource Room:  
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The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust Fund (CTF). We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance. The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.

**Center for Families**

c/o Dept. of Human Service Programs  
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